



# UW Indoor Open

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**February 12, 2017**

**Dempsey Indoor || University of Washington**



## **MEET AND ENTRY INFORMATION**

**Megan Morgan  
Meet Director  
University of Washington**

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## MEET INFORMATION

### University of Washington—Meet Management Staff

Greg Metcalf	Head Coach	<a href="mailto:gmetcalf@uw.edu">gmetcalf@uw.edu</a>	(206) 543-0811
Jason Drake	Associate Head Coach/Elite Field Coordinator	<a href="mailto:jzdrake@uw.edu">jzdrake@uw.edu</a>	(206) 543-9880
Anita Campbell	Assistant Coach	<a href="mailto:anitac2@uw.edu">anitac2@uw.edu</a>	(206) 543-6644
Pat Licari	Assistant Coach	<a href="mailto:licari@uw.edu">licari@uw.edu</a>	(206) 616-8086
Jason Schutz	Assistant Coach	<a href="mailto:jschutz2@uw.edu">jschutz2@uw.edu</a>	(206) 685-7429
Eric Metcalf	Assistant Coach	<a href="mailto:emetcalf@uw.edu">emetcalf@uw.edu</a>	(206) 854-9014
Megan Morgan	Director of Operations/Meet Director	<a href="mailto:mmorgan7@uw.edu">mmorgan7@uw.edu</a>	(206) 221-4047

### About the UW Indoor Open...

The UW Indoor Open is open to all interested athletes, including high school. Entrants should be aware that due to the mass number of entries, they may not be accepted. Contact Megan Morgan ([mmorgan7@uw.edu](mailto:mmorgan7@uw.edu)) for more information.

### Facility ...

The Dempsey indoor facility is a 307-meter Mondo track with a six lane straightaway, and a five-lane oval. For the field the Dempsey has two 160 ft. elevated long jump runways (132 ft. TJ) with Mondo overlay; two 150 ft. elevated pole vault runways with Mondo overlay; two 80 ft. right/left high jump approach areas with Mondo overlay; two reinforced throwing rings.

## ENTRY INFO, FEES, AND DEADLINES

### Entry Procedure ...

The ONLY METHOD of entering the UW Indoor Preview is online through [www.DirectAthletics.com](http://www.DirectAthletics.com). Entry will be open to ALL DIVISION I programs. Other interested collegiate teams should contact Megan Morgan ([mmorgan7@uw.edu](mailto:mmorgan7@uw.edu)) to discuss possible entry. Entry marks must be TFRRS marks from the 2015-17 seasons or online verification of the mark must be provided during the entry process. **\*\*\*NEW FOR 2017: PLEASE NOTE SUNDAY ENTRY DEADLINES!!!\*\*\***

### Dual Meet v. Invitational Scoring (DIVISION I ONLY) ...

**THE 2017 UW INDOOR OPEN WILL BE SCORED USING INVITATIONAL SCORING STANDARDS (10-8-6-4-3-2-1) OR DUAL MEET SCORING will be scored (5-3-1; 5-0) to satisfy NCAA competition requirements (DIVISION I ONLY).** Please contact Megan Morgan ([mmorgan7@uw.edu](mailto:mmorgan7@uw.edu)) NO LATER than the Wednesday prior to the competition to declare for Dual Meet Scoring. NON-DIVISION I TEAMS will NOT be included in team scoring. ALL SCORING will be released on [www.GoHuskies.com](http://www.GoHuskies.com) no later than the Tuesday following the competition.



#### **Entry Limits/Restrictions ...**

**Because of limits on field sizes, we CANNOT guarantee that an entry will be accepted into the meet. Entry fees for athletes not accepted into the meet will NOT be refunded (See page 6 for entry standards).**

#### **Suggested Roster Size ...**

Teams are asked to limit roster sizes to 25 men and 25 women. Coaches should know that discretion will be shown in looking at heats and flights for athletes who are entered in multiple events.

#### **Unattached/Individual Athletes ...**

Unattached/individual athletes will be accepted into the UW Indoor Preview on a limited basis. Interested athletes should contact Megan Morgan ([mmorgan7@uw.edu](mailto:mmorgan7@uw.edu)) to discuss possible entry. Entries must include a link to “proof of performance” within the last two years in order to be considered. All entry requests must be submitted PRIOR TO the entry deadline.

#### **High School Athletes ...**

**High School athletes may enter the UW Open via [DiretAthletics.com](http://DiretAthletics.com). Please be aware that preference is given to collegiate athletes. Interested athletes may contact Megan Morgan ([mmorgan7@uw.edu](mailto:mmorgan7@uw.edu))**

**\*\*PLEASE NOTE – HIGH SCHOOL ATHLETES/COACES ARE RESPONSIBLE FOR KNOWING THEIR STATE’S COMPETITION RESTRICTIONS. UW is not responsible for athletes who jeopardize their high school eligibility.**

#### **Entry Fee (Teams and Individuals) ...**

Entry fees are \$500 per team per gender; Individual entries are \$35. Team and Individual Entries are payable ONLINE ONLY. Schools with 14 or more athletes are considered to have a team. Teams with 13 or less athletes will pay \$35 dollars per athlete. ALL ENTRY FEES SHOULD BE PAID ONLINE ON DIRECTATHLETICS.COM PRIOR TO THE CLOSE OF ENTRIES. Schools who DO NOT PAY ONLINE will be charged a **LATE FEE** of \$100 per gender, unless otherwise approved by the Meet Director.

#### **Entry Fee (College Students) ...**

College Students (with student ID) will be charged \$5 – payable at Packet Pick Up. To be eligible for the discounted fee, eligible college students should email Megan Morgan ([mmorgan7@uw.edu](mailto:mmorgan7@uw.edu)) to enter (DO NOT attempt to enter online; we will not reimburse online entries).

#### **Individual Entry Fee ...**

All Individuals must pay online (Entries Will Not Be Accepted At the Door).

#### **Important Entry Dates and Deadlines ... \*\*\*NEW FOR 2017: PLEASE NOTE SUNDAY ENTRY DEADLINES!!!\*\*\***

ENTRIES OPEN – Wednesday, December 1, 2016

**ENTRIES CLOSE - SUNDAY, February 5, 2017, at 11:59 p.m., PT.**



## ACCEPTED ENTRIES AND SEEDING PROCEDURES

### Seeding and NM Submissions ...

NM (“No Mark”) submissions **MUST** be emailed to the Meet Director for approval **prior to the entry deadline**. All NM submissions must be VERIFIABLE performances (e.g. freshman or transfer with no TFRRS marks; better 1500 than mile performance; etc.). If you have an athlete who is competing in a new event, please send us any relevant information (mile and 3K times for a 5K seed) and we will seed accordingly.

### Scratches ...

In order to provide the most competitive heats/sections as possible, please submit any scratches to Megan Morgan ([mmorgan7@uw.edu](mailto:mmorgan7@uw.edu)) by 12:00 p.m., PT, on Wednesday, Wednesday 8.

### Heat Sheets/Finalized Time Schedule ...

All schedules and entries are tentative until an accepted list of entries is posted on the Tuesday prior to competition. A final time schedule will follow on Wednesday. TENTATIVE heat sheets will be released on Thursday. ALL Finalized information

## PRE-MEET AND COMPETITION DAY INFORMATION

### Pre-Meet Practice ...

Due to scheduled events in the facility, as well as meet setup, practice hours will be strictly limited. Pre-Meet Practice windows (*if available*) will be emailed to competing teams prior to competition.

### Packet Pick Up ...

Packet pick-up will be available in TOUCHDOWN TERRACE, and will open two hours before the first event on the day of competition. Additional packet pick up hours (if applicable) will be emailed to teams prior to competition.

### Admission ...

**NEW POLICY** - Spectator admission is \$8. Both cash and credit card payment will be accepted. Spectators are not allowed on the track or in the warm-up area, and must stay in roped off areas. **Coaches, athletes and support staff will be issued wristbands at packet pick up.**

### Parking ...

Parking is south of Husky Stadium (Lot E12) w/ permit or North of the Baseball field (Lot E1). Do not park in Lots E8 or E9, you will be ticketed. Parking maps will be emailed to competing teams prior to competition. UW is not responsible for tickets teams may receive for parking outside of these areas.

**Facility Entrance ...**

Facility Entrance is located on the South end of the facility, nearest the football stadium. All other entryways are for official use only.

**Check In ...**

ALL ATHLETES must check in at the Clerk's Station no later than 60 MINUTES PRIOR TO THE START OF THE EVENT. Athletes who are not checked in will risk being scratched! Athletes will report to the starting line 10 minutes prior to start. Field event contestants should check-in with the head official of their event area beginning 60 minutes prior to the start of their event, and *may check in up until the start of their assigned flight.*

**Weigh Ins ...**

Implements will be weighed in at the SE corner of the facility beginning up to 30 minutes prior to the event.

**Touchdown Terrace ...**

Touchdown Terrace (East Endzone of Husky Stadium) will be open for concessions during the competition. Teams are also welcome to utilize this area for "Team Camp."

**Team Camp ...**

Athletes who are preparing to compete/warming up are encouraged to use the designated "Team Camp" area in the infield. Athletes who have concluded competition, or are scheduled to compete in a later event are encouraged to utilize Touchdown Terrace.

**Showers ...**

Shower facilities will be available upon request, after the meet has concluded.

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## RESTRICTIONS

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- **NO FOOD AND DRINKS ARE PERMITTED IN THE FACILITY.**
- NO HEADPHONES ARE ALLOWED IN THE COMPETITION AREA.
- Only indoor shots and weights are allowed.
- Flats or track shoes with spikes no longer than one-quarter inch (1/4"). Spike length will be strictly enforced. Athletes not complying with this specification will not be allowed to compete.



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## ENTRY STANDARDS

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There are no specific entry standards for UW Indoor Open. All college, high school and unattached athletes are welcome to enter. Please be aware that due to the large number of entrants we expect, we may not guarantee you will be accepted into the meet just because you enter. Please contact Meet Management ([mmorgan7@uw.edu](mailto:mmorgan7@uw.edu)) if you have questions about whether you will be accepted into the meet.

Entry notes not on TFRRS can be submitted to Megan Morgan ([mmorgan7@uw.edu](mailto:mmorgan7@uw.edu)).

Field sizes for ALL EVENTS will be controlled in order to complete the meet within the proposed time schedule. That may mean that we may only be able to accept a certain amount of athletes in a particular event. **ALL ENTRIES are at the discretion of the meet management staff.** ANTICIPATED FIELD SIZES are listed within the TENTATIVE time schedule on the next page.



## 2017 UW Indoor Open | TENTATIVE TIME SCHEDULE

Sunday, February 12, 2017

### FIELD EVENTS

Start	Event	Field Size
8:30 a.m.	Women's Weight Throw	2 Flights
9:00 a.m.	Men's Pole Vault (Flight 1)	1 "Unseeded" Flight
9:00 a.m.	Women's Pole Vault (Flight 1)	1 "Unseeded" Flight
9:00 a.m.	Women's Long Jump	3 Flights
9:00 a.m.	Men's Long Jump	3 Flights
9:00 a.m.	Women's High Jump	2 Flights (High Pit – Low Pit Format)
~11:30 a.m.	Men's Weight Throw (To Follow Women)	2 Flights
~12:00 p.m.	Men's High Jump (To Follow Women)	2 Flights (High Pit – Low Pit Format)
1:00 p.m.	Women's Triple Jump	3 Flights
1:30 p.m.	Women's Pole Vault (Flight 2)	1 "Seeded" Flight
1:30 p.m.	Men's Pole Vault (Flight 2)	1 "Seeded" Flight
1:30 p.m.	Men's Triple Jump	2 Flights
~2:30 p.m.	Women's Shot Put (To Follow Weight)	2 Flights
~2:30 p.m.	Men's Shot Put (To Follow Weight)	2 Flights

### RUNNING EVENTS

Start	Event	Field Size
9:00 a.m.	Women's 60-Meter Hurdles	~10 Heats
9:20 a.m.	Men's 60-Meter Hurdles	~7 Heats
9:35 a.m.	Women's 60 Meters	~11 Heats
9:55 a.m.	Men's 60 Meters	~10 Heats
10:15 a.m.	Women's Mile Run	~5 Heats
10:50 a.m.	Men's Mile Run	~5 Heats
11:20 a.m.	Women's 400 Meters	~10 Heats
11:45 a.m.	Men's 400 Meters	~11 Heats
12:10 p.m.	Women's 600 Meters	~3 Heats
12:20 p.m.	Men's 600 Meters	~3 Heats
12:45 p.m.	Women's 800 Meters	~5 Heats
1:05 p.m.	Men's 800 Meters	~5 Heats
1:30 p.m.	Women's 200 Meters	~10 Heats
1:50 p.m.	Men's 200 Meters	~13 Heats
2:20 p.m.	Women's 3000 Meters	3 Heats
3:05 p.m.	Men's 3000 Meters	3 Heats
3:45 p.m.	Women's 1000 Meters	1 Heats
3:50 p.m.	Men's 1000 Meters	1 Heats
4:00 p.m.	Women's 4x400 Meters	3 Heats
4:15 p.m.	Men's 4x400 Meters	3 Heats

\*\*Schedule based on last year and subject to adjustments based on field sizes.

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